



Nutrition Facts

Eat More Fruits & Vegetables

Why Eat More Fruits & Vegetables?

Fruits and veggies are rich natural sources of vitamins, minerals, dietary fiber and are low in calories.

New research shows that people who eat 2 ½ cups of vegetables and 2 cups of fruit or more every day have a much lower risk of getting many serious health problem than people who eat fewer than the recommended servings a day.

Here are some tips to prevent:

- **Heart Attack:** People who eat more fruits and vegetables have a 30% lower risk of a premature heart attack. Fruits and vegetables seem to lower blood cholesterol level, reducing the build-up of fatty plaques that cause heart attacks.
- **Stroke/Brain Attack:** Fruits and vegetables help control high blood pressure and reduce dangerous blood clotting.
- **Cancer:** Many studies showed that, eating 5 or more fruits and vegetables cuts certain cancer risks in half. Risk of lung, stomach, pancreas and colon cancers are reduced the most by diets high in fruits and vegetables.
- **Diabetes:** Fruits and vegetables may help keep blood sugar down and control diabetes.
- **Obesity:** Fruits and vegetables help you feel good and control your weight.



Fun Fruit Snacks:

Next time you have a craving for a sweet snack, reach for fruit!!

Fruit Pops. For a nutritious popsicle, freeze fruit juice (mango, pineapple or orange) in ice cube trays or paper cups with wooden sticks.

Frozen Bananas. Push a wooden stick into half of a peeled banana. Roll in low fat yogurt, then in crunchy cornflakes. Wrap and freeze.

Frozen Chips. Slice bananas into thin rounds. Spread them flat on a baking pan; cover. Freeze and serve frozen. (Hint: The same technique works for seedless grapes or berries)

Yogurt with fruit topping. Top cut-up fruit with low-fat yogurt.



Ask the Dietitian
County of Los Angeles
Public Health Nutrition Program

www.lapublichealth.org/nutrition